Long-term Care Referral Prepare for Veterans with a Mental Wellbeing Conclusion

Claire Johnson[*]

Department of Psychiatry, University of East London, UK

INTRODUCTION

Mental health diagnosis is an essential aspect of understanding and addressing various psychological disorders. It helps in identifying and categorizing symptoms, facilitating communication between professionals, and guiding treatment strategies. However, the practice of diagnosing mental health conditions is not without its drawbacks. This article explores the limitations and potential harm associated with mental health diagnosis, highlighting the need for a more nuanced and person-centred approach to mental well-being. One significant drawback of mental health diagnosis is the risk of over diagnosis. In the pursuit of classifying and treating mental health conditions, some individuals may receive diagnoses that they do not genuinely require. This trend, referred to as medicalization, pathologies normal variations in human behaviour and emotions. For instance, shyness can be misdiagnosed as social anxiety disorder, or sadness can be labelled as clinical depression, potentially leading to unnecessary treatment with medications. Mental health diagnoses can lead to stigmatization, both self-stigma and societal stigma. Individuals who receive a mental health diagnosis may internalize negative stereotypes and experience diminished self-esteem and self-worth [1,2]. Additionally, society's misunderstanding and stereotypes about mental illness can further isolate and marginalize those who have been diagnosed, creating barriers to recovery and social integration.

DESCRIPTION

Diagnosing mental health conditions relies on the Diagnostic and Statistical Manual of Mental Disorders (DSM) or the International Classification of Diseases (ICD) criteria, which are subjective and continually evolving. Changes in diagnostic criteria can lead to inconsistencies in diagnosis and treatment. Moreover, cultural and contextual factors can influence how professionals interpret symptoms, potentially leading to disparities in diagnosis. Mental health conditions often co-occur, making it challenging to diagnose and treat them as distinct entities. For example, a person with depression may also experience anxiety, substance abuse, or personality disorders. Overly simplified diagnostic categories can hinder comprehensive and personalized treatment planning, as they do not account for the complexity of an individual's mental health. Misdiagnosis in mental health can have severe consequences. Some disorders share common symptoms, and professionals may misdiagnose patients, resulting in inappropriate treatments that do not address the root cause of their issues. Furthermore, some conditions, such as bipolar disorder, may take years to diagnose correctly, leading to significant delays in effective treatment. Mental health diagnoses often lead to medication-based treatments [3-5]. While medication can be beneficial, an overreliance on pharmaceutical interventions can overshadow the importance of psychotherapy, lifestyle modifications, and social support in managing mental health conditions.

CONCLUSION

Additionally, medication may have side effects and can sometimes lead to a dependency on psychotropic drugs. Being assigned a mental health diagnosis can profoundly affect a person's self-identity. Some individuals may begin to define themselves solely by their diagnosis, which can limit their aspirations and potential. The label can become a self-fulfilling prophecy, reinforcing negative beliefs about one's capabilities and future. The diagnostic process often concentrates on identifying deficits and pathology, neglecting an individual's strengths and resilience. By framing mental health in terms of what is wrong rather than what is right, the diagnostic approach may hinder the development of a holistic and strengths-based approach to mental well-being. Mental health diagnoses may not always predict the course of an individual's mental health condition accurately.

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CONFLICTS OF INTEREST

The authors declare no conflict of interest.

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